

A woman is lying down, receiving a facial treatment. Her eyes are closed, and she has a relaxed expression. A hand is visible, gently touching her forehead. The background is softly blurred, showing another person in a similar state of relaxation. The overall atmosphere is warm and serene, with soft lighting. The image is partially covered by a semi-transparent olive-green shape in the top left and bottom right corners.

THE M SPA & WELLBEING

GRAND PLAZA HÖVENPICK DUBAI

Well-being
Membership



THE M SPA

Well-being membership benefits

SPA

Experience one (1) 60-minute massage of your choice monthly

Receive 30% off any additional massage bookings throughout your membership (weekdays only)

Receive complimentary access to spa thermal facilities

Receive 25% off all other Spa Treatments on the menu

POOL

Complimentary Daily Access for members and 50% discount for up to 3 guests

GYM

Access to the TechnoGym fitness equipment and guidance from onsite trainer

One complimentary personal training session (1 hour)

Additional personal training session at AED 150 per hour

Personal training package: AED 1,250 for 10 sessions

24 hours gym access



Gym membership benefits

SPA	
	Receive complimentary access to spa thermal facilities
GYM	
	Access to the TechnoGym fitness equipment and guidance from onsite trainer
	One complimentary personal training session (1 hour)
	Additional personal training session at AED 150 per hour
	Personal training package: AED 1,250 for 10 sessions
	24 hours gym access



Well-being Membership Prices

Well-being Membership					Gym Membership		
1 month		3 months		12 months	1 month	3 months	12 months
AED 645		AED 1725		AED 5700	AED 450	AED 1200	AED 4200

Personal Trainer = AED 150 per person per hour

All prices given in UAE Dirham (AED), inclusive of 10% municipality fee, 10% service charge and 5% value added tax (VAT).

Explore The M Spa Menu: <http://www.themspaspa.com/index.php/menu>

Terms and Conditions

- Please carry your membership card with you when you use the Spa or gym facilities or to avail your discounts.
- THE M SPA discounts cannot be used against any promotions or special offers.
- Exclusive membership privileges and benefits are non-transferable.
- Advanced Reservation is required at least 24 hours and subject to availability.
- All prices given in UAE (AED), inclusive of 7% municipality fee, 10% service charge and 5% value added tax (VAT)



Grand Plaza Mövenpick Media City
Sheikh Zayed Road, opposite Innovation Hub
P.O. Box 502713 | Media City | Dubai | United Arab Emirates
Phone +971 4 525 7720 | Fax +971 4 399 3504
Hotel.GrandPlaza.Spa@movenpick.com



the.m.spa